

# Tune Into Life Course Health

## EDUCATION POWERPOINT TALKING POINTS

### Slide 2: What is Life Course Health?

- Life Course Health is a model that explains how all aspects of a person's life have an effect on their future health.
- We need to focus on the idea that what I do today will affect who I am in the future and also the future generation.
- Need to make healthy choices and adopt healthy behaviors earlier in life.



### Slide 3: Your health can be influenced by a combination of factors.

[This can be used as a transitional slide. Each item will be talked about in depth in the upcoming slides.]



### Slide 4: Biological Health

- Your biological health addresses how your body and your heredity play a major role in your overall health.
- Every person needs to be aware of their family health history. By knowing your family's history, you can take on precautions to help avoid some diseases or be aware of future risks.



- If you currently have a medical condition, it is important to manage it carefully so that it stays under control and doesn't lead to future complications. Also, it is important to have regular doctor visits.
- Many vaccinations need to have booster shots as you get older. This can be confusing so it is important to talk to a doctor to make sure you are up to date.

### Slide 5: Lifestyle choices that affect your health.

- Lifestyle choices can be considered your behavioral health.
- Some of the main behavioral health choices are connected with your physical health. These include having a proper diet, getting the right nutritious food, getting proper exercise, and getting enough sleep.
- By doing all of these things, you will be better equipped to make more healthy decisions. For example, if you are getting enough sleep, you will be more alert at school which will in turn help you learn more and do better in class.
- Some other lifestyle choices are about avoiding risky behaviors. These can include avoiding alcohol, tobacco, and drugs. This also means not putting yourself in a situation to get an STD or infection.
- If you aren't managing these things now—how might that affect your life in 10 or 20 years from now?



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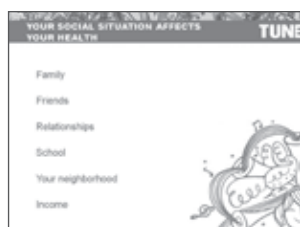
### Slide 6: Emotional situations that affect your health.

- Emotional situations are also considered your psychological health.
- An important aspect of emotional health is having the ability to deal with tough situations. For example, being able to deal with a stress in a healthy way or knowing who to contact if you find yourself in a situation that has gotten out of control.
- Other examples include: dating violence, divorce in your family, break-ups with friends or a significant other.



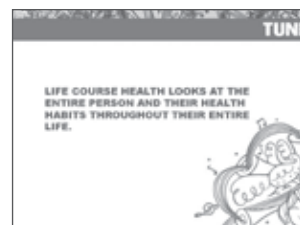
### Slide 7: Your social situation affects your health.

- Your social situation is all about the type of people that you surround yourself with and the surroundings that you are in.
- For example, if you surround yourself with supportive friends, you are better equipped to make good decisions. However, if you surround yourself with friends with bad behavior, that may lead you to those same bad behaviors.
- Another example is the neighborhood that you live in. If you live in a neighborhood that is safe, and has easy access to things such as a grocery store, it is easier for you to be safe and to make better choices such as buying fresh produce.
- Staying in school is another positive example. If you stay in school, you will have more opportunities in the future.



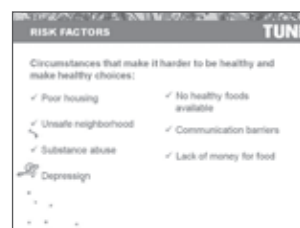
### Slide 9: Life Course Health looks at the entire person and their health habits throughout their entire life.

- The main idea is that you are not just looking at one stage of a person's life or only focusing on physical health. It is truly looking at all phases of life and how all aspects of your life affect health.



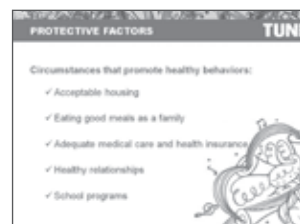
### Slide 11: Risk Factors

- The more risk factors in your life, the harder it is to be healthy and to make positive choices.
- Some more examples of risk factors include; poverty, not see a doctor regularly, family discord, dropping out of school, and being involved with a bad group of friends.



### Slide 12: Protective Factors

- An emphasis needs to be placed on protective factors throughout life. The more protective factors that are evident in someone's life, the easier it is to be healthy.
- For example, if you have access to healthy foods, it is easier to make the choice to eat healthy which is better for your health in the long run.
- Another example may be joining a gym. Also, if you are currently using a risk factor such as smoking, you can work on correcting this by finding a way to quit.



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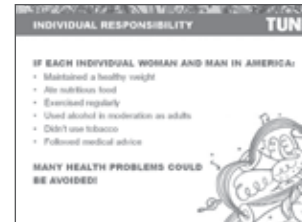
### Slide 13: What I do today will affect me and also the future generation

- The choices that your parents made and the way they were raised effects you.
- The things you do today, and during your whole life, will impact the health of the children you might have.
- Can you give examples of things that you may do today that could have an impact on any children you may have? Or what are some things that your parents did that had a positive effect on your life?



### Slide 15: Individual responsibility

- Ultimately, it is our individual responsibility to take care of our health.
- Each individual can make positive choices that will have a positive effect on their health.



### Slide 14: It is important to be very healthy years before you start a family

- Many things affect a pregnancy.
- Some examples are:
  - If you smoke, you could have a low birth weight baby.
  - If you drink, you could have fetal alcohol syndrome, or a premature baby.
  - If you are not at a healthy weight, you could have complications during pregnancy.
  - Taking folic acid will help avoid birth defects.
  - By seeing a doctor regularly, you will receive good prenatal care.
- Half of the pregnancies that occur each year are not planned. You can not wait until pregnancy to address health changes.

